

Week 2

## #6 Becoming a Vegetarian

Skills/ Objectives: Reading, Listening, Speaking and Writing

### PART 1: Before you read...

#### Preparatory questions

1. Have you ever thought of being a vegetarian? Would you consider becoming a vegetarian? Why? Why not? What are the benefits of being a vegetarian to yourself as well as to the world?
2. What are your concerns/ worries of being a vegetarian?
3. How would you feel if you were asked to become a vegetarian for a month?

#### Vocabulary

1. Occasion (noun): an important or special event
2. Concern (noun): something that is important to oneself
3. Religious (adjective): relating to religion
4. Deficiency (noun): a lack of something
5. Regardless of (adverb): without being influenced or affected by something
6. Dietitian (or dietician) (noun): a person who gives professional advice to people about food and eating

### PART 2: Article

This article explains why some people choose to become vegetarians and some of the vegetarian or semi-vegetarian options. It also provides some tips for dining out.

**Becoming a Vegetarian** (*click the link to read the article*)

<https://kidshealth.org/en/teens/vegetarian.html>

(Source: TeensHealth)

(Tip: You can also listen to the article!)

### PART 3: Let's discuss!

1. Would you consider becoming a vegetarian or semi-vegetarian? Why or why not? What are the benefits of being a vegetarian? What are some of the worries that you have?
2. Do you eat healthily? Do you skip meals? What do you usually eat? What factors do you consider when you choose what to eat?

#### **PART 4: Speaking and writing practice**

1. Do you know people who are vegetarian? Interview them and get to know more about them. For example, you may ask them the reasons why they have become vegetarian and the benefits and difficulties of being a vegetarian in Hong Kong or elsewhere. Share with us on Moodle!
2. Try to be a vegetarian for one day during this week and let us know about your experience on Moodle!

#### **PART 5: Learn further**

##### **1. Junior reporters try out being vegetarian**

Junior reporters from the Young Post reported their experience after eating in a Chinese vegetarian restaurant.

<https://yp.scmp.com/junior-reporters/reports/article/100416/junior-reporters-try-out-being-vegetarian>

##### **2. What would happen if the world went vegetarian?**

This video talks about what would possibly happen if everyone on earth became vegetarian.

<https://youtu.be/ANUoAdXfA60> (3:46 minutes)

##### **3. Why I'm a weekday vegetarian**

In this video, the speaker Graham Hill explained why he chose to become a weekday vegetarian.

<https://ed.ted.com/lessons/why-i-m-a-weekday-vegetarian-graham-hill> (4:04 minutes)

#### **Chat online!**

[Moodle Chat Room](#)

19 September 2018 (Wednesday) 5:30 – 6:30 pm

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